

**The Simone de Beauvoir Institute and WSDB 391/4
invite you to:**

A PANEL ON THE FINNISH SAUNA

Monday, February 12, at 18h00 - 20h00

KILLI KAUPPINEN, Ph.D.

"SAUNA AS WOMEN'S SELF-CARE "

and

KAARINA KAILO, Ph.D.

**"STEAMY STORIES FROM THE FINNISH SAUNA:
HEALING THE FEMININE THROUGH SOULFUL SWEATS"**

Dr. Killi Kauppinen is the Founder of the Canadian Sauna Society. Her research has focused on human and mammalian physiology in the areas of temperature regulation, space travel, cardiovascular and respiratory physiology. She has published several scientific and popular articles on the effects of sauna and winter swimming.

Professor Kaarina Kailo has organized this panel as part of her Women's Studies class Health Issues: Feminist Perspectives.

**The Lounge
Simone de Beauvoir Institute
Concordia University
2170 Bishop**

Information: 848-2373